

What kinds of things do Grown Ups® do on a basis such that it would definitely be necessary and/or useful for one to be capable of when they become a Grown Up®?

The following list should be considered incomplete, as the writer has very minimal experience with being a Grown Up®.

All of the abilities in the following list should ideally be possible *comfortably*. To be capable of following these items comfortably means it will be easier to adapt to varying situations, and will be helpful to the motivation for taking part in any of these objectives (and, theoretically, the motivation for most completing any goals set in life, day to day or otherwise).

- Grocery shopping.

- The ability to navigate a grocery store.
 - Ideally, but not necessarily, the ability to do this while directing or following others.
- The ability to control a cart.
 - The ability to avoid running it into obstacles.
 - The ability to cleanly direct it in a good direction.
 - The ability to handle difficult situations, such as a crowded store or thin aisle.
- The ability to select food to be purchased.
- The ability to make a purchase.
 - The ability to hand out cash.
 - The ability to avoid giving far too much money, but also, if there is no simple or obvious way to gather a better amount of cash, to not stress too much over it.
- The ability to navigate and keep organized a wallet.
 - The ability to avoid taking a long time while searching a wallet if it isn't organized well.
 - The ability to not stress out when searching such a wallet is taking a long time.

- World navigation.

- The ability to locate objective places using GPS or a paper map.
 - Ideally, but not necessarily, the ability to ask a *human* for directions to a place.
- The ability to follow travelling directions.
 - The ability to navigate a paper map and the ability to follow the directions of a GPS voice assistant.
 - The ability to navigate and follow road and street location signs.
 - Ideally, the ability to do so when travelling with others.
 - Ideally, the ability to do so when not in control of the vehicle, navigating for the person driving.
 - Ideally, the ability to figure out when to exit a public bus (or similar methods of transport).

- Personal hygiene.

- The habit of brushing teeth every day.
 - Ideally, the ability to do so multiple times a day.
- The habit of having a bath (and/or a shower) once every two days.
 - Ideally, the ability to do so sooner than the schedule suggests if deemed necessary (ex. because of significant physical activity).
- The habit of changing clothes frequently; and the motivation to do so.
 - The ability to keep track of the clothes being worn, and the ability to wash them when they've been worn for a significant amount of time.
 - Multiple "costume" sets would help with this; however it is also worth having the ability to improvise which clothing is being worn when no costumes are available (rather than delay changing until another costume set is available).

- The ability to purchase clothes when new clothes is appropriate (e.g. at the beginnings of seasons).
 - Most of the abilities under the section “grocery shopping” apply here.
- The ability to keep a room clean.
 - The ability to keep a bed made in the morning every day. (This isn’t too big of an issue, right now.)
 - The ability to keep a desk clean.
 - The ability to not stress out over an untidy desk, and, instead, to comfortably work on clearing it off.
- The ability to avoid delaying (automated) reminders unless strictly necessary.
- **General skills.**
 - The ability to not stress out if something that’s usually quick is taking a while, especially if others are depending on the action (even if they do not require it to be quick).
 - The ability to attempt to keep organized, but also to be able to deal with an unorganized situation.